



City of Middletown Newsletter

Volume 2, Issue 1

www.MiddletownCT.gov

July 2013

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ARTS OFFICE

July in Middletown means the Fireworks Festival on the east lawn of City Hall will fill the air with music beginning at 6 p.m. and ending with the fireworks over the Connecticut River. This year's musical lineup will feature "Forever Motown" led by Middletown



native, Neal Hatcher. This is a 12 piece band with 4 vocalists dressed to the "9's" and a hot 8 piece backing band. Expect to see the lively choreography of the Motown bands of the '60s along with great vocals. It will be an evening of dancing on the lawn! In addition to our headliner this year, we start the afternoon off with the Middletown High School Jazz Band a little before 6 p.m. and we bring on the fireworks display with the music of the Middletown Symphonic Band beginning around 8:15 p.m. They will perform through the fireworks display so arrive early for a prime lawn seat to capture the complete experience.

The following Tuesday, and for the rest of the Tuesdays in July and August, visit the City's South Green/ Union Park beginning at 7 p.m. for a different musical treat provided by area musicians for our Summer Sounds series. Be on the lookout for the complete lineup on posters around the City and be sure to check

the City's premier arts & entertainment website: arts2go.org for all the latest information on the bands. In addition you will be able to learn about other arts activities taking place in the Summer in Middletown.

On July 31 the Kids Arts summer arts enrichment camps of North End Arts Rising, Inc. will present their celebration of accomplishment in the Mixed Media Fusion and Melody In Motion programs. After nearly 5 weeks of fun and arts learning, find out just how quickly children can be transformed by the power of arts. The presentation by the students takes place at Macdonough School beginning around 5 p.m.

Then, on August 2nd, in their 25th year, the Kids Arts Childrens' Circus comes to town. The performance, with accompanying live music by the Circus band, will be held outdoors on the grounds of Macdonough School beginning at 5 p.m. and you will see amazing acts of circus skills along with a theatrical presentation based on a theme developed by the students and staff at the program's outset the first week of July.

Later in the month, the annual Open Air Market at Wadsworth Mansion returns and the Middletown Commission on the Arts will be there to help spread the word on all the wonderful arts organizations and arts activities our City has to offer. It is a great day to be outdoors and it's for the whole family.

CENTRAL COMMUNICATIONS

The Central Communication Center processed over 2300 emergency 911 calls in May. In addition to emergency telephone calls over 6,700 non-emergency calls were answered. The 911 calls produced over 4,600 incidents for Police and Fire to respond to in Middletown and Portland. In April there were over 2,000 911 calls, 6,400 non-emergency calls and just over 4,100 incidents dispatched. Each month over 3,000 calls are made by the Center at the request of field units and other information gathering needs.

HEALTH DEPT

SUMMER WEATHER CAN MEAN HEAT ILLNESS

With the summer months rapidly approaching, heat illness becomes a major health concern. Adverse health effects occur primarily when air temperatures exceed 90 F and relative humidity is 60% or higher. Heat affects everyone differently and varies with personal risk factors and health status. The elderly, infants, persons with impaired mobility psychological illnesses or alcoholism, chronic diseases and/or those taking diuretics, antipsychotic drugs, and muscle relaxants are most at risk. Heat illnesses in-

clude heat stroke and heat exhaustion. Heat stroke is an emergency and medical attention should be sought immedi-



ately. Symptoms include body temperature of 105 F or higher; hot, dry, red spotted skin, mental confusion, and loss of consciousness or convulsions. Heat exhaustion is due to the body losing too much fluid. Symptoms include dizziness, weakness, fatigue, headache, and nausea. It is important to know the signs of heat stroke and heat stress. The best ways to prevent heat illness is to increase your fluid intake with water and/or electrolyte-restoring beverages, avoid strenuous activities, take frequent rest breaks, wear light, loose clothing, avoid alcohol consumption and try to spend a few hours of the day in a cool environment. During heat waves, the City of Middletown will open cooling centers for those that are in need of respite from the heat.

STOP TICKS FROM INVADING YOUR PROPERTY

Are you concerned about ticks and Lyme Disease? The tiny nymph deer tick (about the size of a poppy seed) is believed to be responsible for up to 90 percent of the transmission of Lyme disease to humans. Deer ticks live in the woods around stone walls and underneath high blades of grass. Ticks dry up in the sun and are not usually found in sunny areas. Ticks do not fly, jump or drop from above. You can reduce the number of deer ticks near your home by the way you landscape and maintain your property. Create a "tick-safe zone" around your house by keeping your grass cut as short as possible, trimming tree branches and clearing away brush, weeds, and leaf litter especially in or near shady areas. If you live near woods, create a woodchip, mulch or gravel barrier which makes it more difficult for ticks to migrate to your lawn. Discourage wildlife from coming onto your property. Deer ticks feed on many small animals especially mice and birds which are responsible for infecting the deer tick with the Lyme disease spirochete. Reduce wildlife habitat and food sources by sealing cracks in foundations and screen areas under porches and decks.

Place wood piles far from the house. Consider not feeding birds during spring and summer when nymph ticks are most active. Otherwise, locate birdfeeders outside of your tick free zone. Keep stone walls neat and well maintained. Don't attract deer by planting the kinds of flowers, shrubs or trees which they like to eat. Install deer fencing if feasible. Consider using low-toxicity pesticides containing pyrethrins or natural toxins in mid-May or early June and if necessary in early fall to reduce adult ticks. When returning from outdoors, check humans and pets for ticks. If a tick is found, remove slowly with tweezers. Know the signs and symptoms of Lyme disease. If you suspect that you were bitten by a deer tick, consult your health-care provider as soon as possible.

HOME ENERGY SOLUTIONS AND TREE PLANTING FUND

The Middletown Clean Energy Task Force encourages residents to take advantage of Home Energy Solutions, which offers homeowners and renters a chance to reduce their energy costs. More than 2700 Middletown residents have already participated.

For a small fee (see below) certified and insured technicians will evaluate your household energy usage and provide energy saving and weatherization services to your home. These services will reduce your annual energy bills by an average of \$200, year after year. Home Energy Solutions is funded by a small charge on electricity and natural gas bills. The co-pay amount is \$75 for electric or natural gas heating customers; \$99 for oil/propane heating customers, and \$0 for income-eligible residents. Interested residents can call 1-877-389-7077 for more information or to sign up. To view a video on the program, visit www.cl-p.com/hes.

Through October 31, 2013, New England Conservation Services and Victory Energy Solutions (the contractors who perform the work) will make a \$25 donation to the "Middletown Tree Planting Fund" for every Middletown household that receives this service. The city's Urban Forestry Commission manages the tree planting program.

MAT

Construction is underway on MAT's Maintenance and Storage Facility. Expected completion date is summer of 2014. MAT now provides weekday fixed route service to Ct. Valley Hospital/Rushford on an as-requested basis. CTTransit used to provide this service on an hourly basis, however they cut back the number of runs to 5 daily.

Starting July 1st, MAT will be increasing bus service to Portland and East Hampton. Two additional runs will be added to the daily afternoon schedule. The last after-

noon run will be changed from 5:55 to 5:35. Starting July 6th, a new Saturday schedule will start. Mat will provide 2 AM runs and 2 PM runs. These runs will connect to the Meriden runs. The new schedules will be published shortly. Middletown Area Transit MAT; P: 860 346-0212.

OFFICE OF THE GENERAL COUNSEL: Retirements, Mergers, and Awards, Oh My!

There have been a lot of changes over the past few months in what is now known as the Office of the General Counsel. In late January, we bid farewell to Acting City Attorney Timothy Lynch, who retired after serving the City for over twenty-six years. At around the same time, we welcomed two new additions: Attorney Brig Smith, who serves as the City's General Counsel, and Attorney Kori Termine Wisneski, who serves as the City's Deputy General Counsel. Attorney Smith relocated from Lansing, Michigan, where he served for six years as the City Attorney, to join us here in Middletown and to be closer to his son. Attorney Wisneski, a Middletown native, previously worked at the Hartford law firm of Robinson & Cole before joining City service.

Most recently our office merged with the Personnel Department to form the Office of the General Counsel. The new office now includes three divisions: the Legal Division, the Human Resources Division, and the Risk Management Division. The office is still in a period of flux with part of us on the top floor and the Human Resources Division still in the basement, but don't blink because the move may happen when you do!

Last, but certainly not least, our Office was recently recognized for an award. At CIRMA's Annual Meeting in May, the City of Middletown received an Achievement Award for its Executive Leadership, its Risk Manager and its Safety Committee for working to make risk management a priority. The City increased its use of CIRMA's Risk Management Services to build awareness of the risk management process and to implement best practices across the board. As a result of these initiatives, there has been an increase in the participation of town and public school department leadership, supervisors and employees in building a culture of safety.

PARKS AND RECREATION

Summer Brochure and program applications are on-line at www.cityofmiddletown.com: Departments. Youth Summer Day Camps (\$70 per Week), Youth Summer Swim Lessons (\$40 per 2 week session), Youth Swim Team (\$75 for the season), Youth Sports Camps, Youth Science Camps, Chalk it up Sidewalk Art (July 5, 13, 19) Free, Ray Barnes Summer Basketball (evenings \$10 per child), Youth or Adult Tennis, Golf, Martial Arts, Running, Adult Crew, Exercise, Lap Swimming, Water Fitness, Dance it Off, Walking, Weight Lifting, Charter Bus Trip to Saratoga (\$69), Pool Passes to Vet's Pool (\$25 for a family for the summer),

Crystal Lake swimming (Free to residents showing a Middletown license), Picnic/Party Reservations at Vet's, Smith or McCutcheon Park available (\$25 per date).

RUSSELL LIBRARY

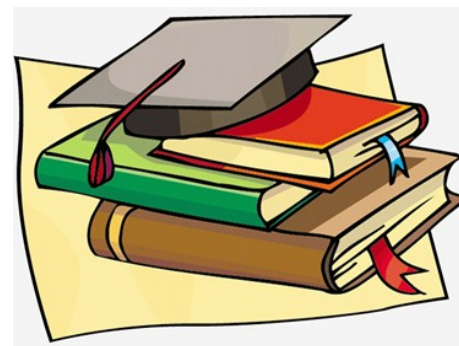
Naturalization Ceremony for New Citizens, Wednesday, July 3, 2013, 1:00 p.m., Middletown City Hall.

Friends of the Library Book Sales

July - Friday July 12, 9:00-6:00 p.m. and Saturday - July 13, 9:00-1:00; Aug - Friday August 9, 9:00-6:00 p.m. and Saturday - 8/10 9:00-1:00. p.m. Wadsworth event - Sunday, 8/22 - 9:00 - 4:00 p.m..

Children's Activities

Summer Reading Programs continue: *Dig into Reading* (ages 3 to grade 3) & *Beneath the Surface* (grades 4 & up; Middlesex Hospital Community council sponsors *Curious George* - Tues., July 16, 6:30 - 7:30 p.m. *Angry Russell*



Library Birds 2.0 : Tues., July 30, 6:30 - 7:30 p.m.

Baby Rhyme time : Wed., July 3, 10, 17, 24, 31 at 1:30 p.m.; *Creative Crafts for Little Hands*: Wed., July 17, 24, 31 & Aug. 6, 14 at 10:30 a.m.; *Rocky the Rock Cat*: Thurs. July 25, at 2 p.m.; *Film Festival: Holes* Thurs., July 11 & *Journey to the Center of the Earth* Thurs., July 25, at 2-4:30 p.m., also Thurs., Aug. 8th & 22nd from 2-4:30 p.m. Titles to be announced at a later date; 1st Saturday - *Favorite Stories & Crafts* : July 6 & August 3 at 10:00 a.m.; *Summer Stories*: Tues., July 2, 9, 16, 23, 30 & August 6, 13, 20, 27, at 10:00 a.m. *Otakus*: Tues., July 9 & 23 *Upcycle Your Tees*: Thurs., July 15 at 2:00 p.m.; *Origami*: Sat., Aug. 17 from 10:30 - 11:30 a.m.

Job & Career Services

Wednesdays, 5:00-8:30 p.m. James Kubat, Associate Director of the Wesleyan Career Center, offers **individual career coaching sessions**. All appointments are confidential and can be arranged in-person at the Information Desk or by calling 860-347-2520. Please bring a copy of your resume (print or digital). To cancel an appointment, please call at least 24 hours in advance.

Improve your interviewing skills with Bob Carlson:

Monday, July 15, Thursday, 18, and Friday, August 23. Bob Carlson will assist you by conducting and evaluating your practice interview. Typical behavioral questions will be used... 'Tell me about yourself'. What are your strengths and weaknesses?

Resume Formatting / Review with Bob Carlson: Tuesday, July 23, and Friday, August 23. 12:30-4 p.m. Bob Carlson will assist you by helping you format and review your resume.

Resume Reboot, Tuesday, July 16, 1:00-5:00 pm. Presenter Jan Melnik. This is intensive, hands-on workshop on how to revitalize your resume for a tough job market. Learn simple changes you can make to modernize your resume and extend its reach beyond paper and ink.

Adult Activities/Russell Writers: The second Saturday of each month brings Russell Writers a writing challenge to spark the imagination. All writers, from beginners to the experienced, are welcome. For more information, contact Michele Rousseau at 860-344-8136 or shellywriter@sbeglobal.net, or call Programs and Publicity office at 860-347-2528 ext. 135.

July prompt: Create a story about the subject of silence.

August prompt: Look back at your life and assess what you see: 1) Your achievements. 2) Your failures. 3) Your disappointments. 4) Your joys. 5) Your sorrows. 6) Your satisfactions. 7) Your accomplishments. 8) Your regrets. 9) Your plans, or hopes, or desires.

Russell Readers: Great Books and Shared Inquiry — second Tuesdays, 7:00-8:20 pm

Great Books discussion groups are forums for adults to discuss significant writings with the following guidelines:

We will read the selection before coming to the discussion, support our opinions by focusing on ideas from the reading, explore the ideas in the selection before going beyond them, listen to the opinions of others and respond directly to them and ask each discussion leader to begin the questions. Join us! Call 347-0196 or email ameyers@russell.lioninc.org

Modern American Poetry: July - Mark Strand; August — Edgar Lee Masters

SENIOR CENTER-

Bingo, Blood Pressure Clinics, Foot Care, Hearing Screening &

Massage Therapy, Bus Trips, Wii Bowling, Card Games, Computer Classes, Dancing for Joy & Line Dancing, Driver Safety Classes, Educational Seminars, Entertainment, Exercise, Ceramics, Knitting, Drawing & Oil Painting, Learn Spanish, Lunch served daily, Movies, Ping Pong Tai Chi and Yoga, "Support Group for Caregivers of People with Memory Impairments"

www.cityofmiddletown.com/seniors

